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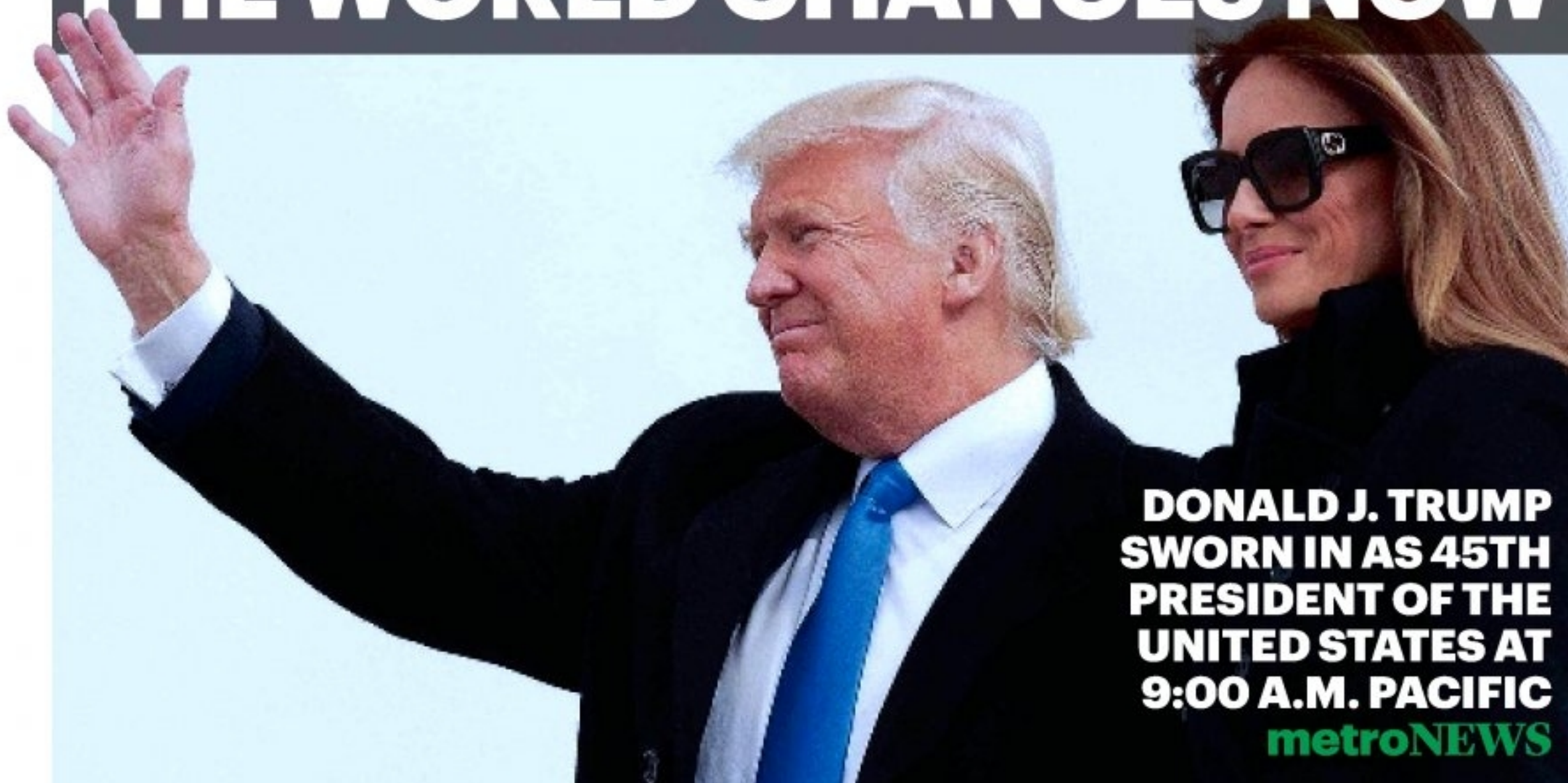
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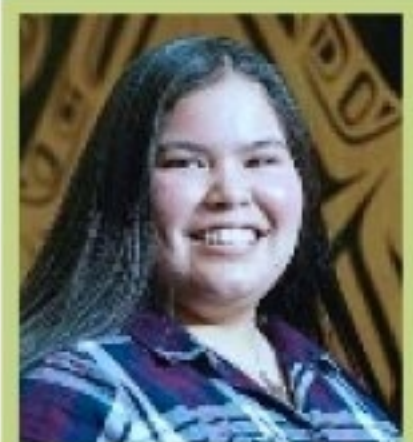
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Woman gets long-awaited visa

IMMIGRATION

Bureaucratic issues leave Salma Sultana 'powerless'

Salma Sultana has been waiting for her work permit since she graduated from an MBA program in Canada last February.

The identity document, which allows her to return to her job in Canada, was approved and issued, and then lost in the mail. It was re-printed twice upon requests for a replacement, but those replacements didn't come either.

Being unable to get that piece of paper prevented her from visiting her ill mother back in India, and she worries it has exposed her to the threat of identity theft.

Although the Immigration Department's records show she is authorized to work in the country — she has worked as a marketing manager for a software company in Vancouver — she said she wasn't able to travel outside Canada without the permit attached to her passport.

"You felt totally powerless. The people at Immigration treated you like you made a mistake and they were doing you a favour when they answered your call," said a frustrated Sultana.

This week, the Immigration Department promised it would get her the document, which finally arrived in Sultana's mailbox on Thursday.



Salma Sultana, a graduate from UBC's MBA program, has waited a year for her work visa in Canada after it was lost in the mail twice. CONTRIBUTED

"The process needs a lot of improvement. I am concerned my ID is being stolen. If Amazon can deliver in one day, why is it taking the Canadian government this long to deliver

such an important document by regular mail?" she said.

The 31-year-old came to Canada in 2014 to pursue a master's degree at the University of British Columbia and applied

for her three-year post-graduate work permit when she graduated last February.

In April, the department's online system indicated her application had been approved

and the document was being delivered.

By June, when the permit had not arrived, she contacted the immigration call centre and her local member of Par-



If Amazon can deliver in one day, why is it taking the Canadian government this long?

Salma Sultana

liament for assistance.

A call agent told her a wrong address appeared in her file and suggested the permit must have been lost in the mail, Sultana said.

Her MP subsequently advised her to apply for a replacement, which costs \$30.

A replacement application was submitted in September but when it didn't arrive by December, Sultana said she called the Immigration Department again. She said an agent told her the permit had been issued but not put in the mail, and she would "take action."

After the holidays, Sultana contacted the immigration call centre yet again. However, this time she said she was told the permit had already been mailed out in November. Once again, this second agent told her to pay another \$30 to reapply for a replacement document.

"Due to unfortunate administrative issues, Ms. Sultana's replacement work permit was generated on Nov. 16, 2016, but was not printed nor mailed," said Immigration Department spokesperson Lindsay Wemp.

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'Millionaires have our premier in their pocket'

POLITICS

NDP leader digs into Christy Clark's BC Liberals



David P. Ball
Metro | Vancouver

British Columbia's New Democrat leader alleged Thursday that "a tiny number of millionaires have our premier in their pocket," while ordinary residents are stiffed with higher costs.

John Horgan addressed continuing controversy over Premier Christy Clark's \$50,000 annual salary top-up from her BC Liberal party, a practice banned in other provinces, as well as pay-to-play fundraisers where donors can buy face-time with provincial cabinet ministers and Clark.

"We are a province of over 4.5 million people," Horgan told reporters. "And 185 donors are funding half the activities of the governing party."

"Those 185 donors got a pay-back for that as well — the only meaningful tax reform we've seen from the BC Liberals since they were elected in 2013 was a \$1-billion tax break to the wealthiest people in B.C. So those 185 donors are getting a good return on their investment in the BC Liberals."

The announcement set a populist tone for his party's election campaign ahead of May polls, contrasting increased BC Hydro, ICBC insurance and medical fees faced by many British Columbians with the governing party's 185 top donors, who contributed more than half the BC



John Horgan, leader of the B.C. NDP, visits the Metro newsroom in Vancouver last June. Horgan went on the attack Thursday, criticizing the BC Liberals' fundraising practices. JENNIFER GAUTHIER/METRO

“People internationally are now looking at B.C. with ridicule and disbelief. B.C. NDP Leader John Horgan

Liberals' more than \$12 million earnings.

The party, however, countered that all its fundraising practices were above board and followed the rules for donations here. Releasing its donors list months early, the party boasted that thousands of British Columbians contribute, not just millionaires. Among its earnings, the party got \$4.5 million from individuals and \$7.9 million

from corporations.

The NDP has not yet revealed its donors list for last year, which isn't due for several months, but Horgan promised that, if elected in May, his party would ban all union and corporate donations — forcing parties to rely on individual donations from voters.

His announcement comes in the wake of last week's explosive story about B.C. as a "wild

west" of lax political financing regulations by New York Times reporter Dan Levin, whom Metro interviewed this week.

Levin linked together previous reporting by B.C. journalists, among them freelance investigative reporter Bob Mackin, Globe and Mail columnist Gary Mason, and The Tyee's Andrew MacLeod, and advocacy by Democracy Watch and Integrity B.C.

The Times also reported on B.C.'s conflict of interest commissioner, Paul Fraser, who himself donated to the BC Liberals, as has his law firm and his son, who is a high-level provincial deputy minister. Fraser

has never found a politician in conflict of interest, including over Clark's partisan salary top-up.

Speaking to reporters, Deputy Premier Rich Coleman called the Times report, and claims of conflict of interest, "laughable," saying that he and other MLAs "go out and work very hard to raise money and make those connections" with donors.

"This is not a laughing matter," Horgan countered. "Rich Coleman thinks it's funny that people internationally are now looking at B.C. with ridicule and disbelief that we can have fundraising practices as we do."

Advocate found dead

Mel Hennan — a longtime Megaphone vendor and former president of the Vancouver Area Network of Drug Users — was found in his room at the Downtown Eastside's Jubilee Rooms on Dec. 26, of an apparent drug overdose, Metro has learned.

His death shocked the community, less than three weeks after another Megaphone vendor, Mike Illing, died sleeping on the street during last month's cold snap.

"Today the sirens didn't stop and the BC Coroners Service announced a staggering 142 illicit drug overdose deaths for December, and 914 for the year," wrote Jackie Wong, a friend of his from her time as editor of Megaphone, on Facebook. "Mel was one. I'm tired of grieving my friends. What a waste. What a damn waste. End the war on drugs. Criminalization has brought us nothing but suffering."

In 2004, Hennan served as the president of Vancouver-Area Network of Drug Users, an outspoken advocacy organization.

"We will be there for the ones that don't want us there," he said in a VANDU message online. "We'll be there when we're most needed and once in a while we'll be there when someone wants us."

"We have it in us as long as we believe in our selves and remember where we have come from and that we 'bow down' to no one."

Megaphone executive director Jessica Hannon called him a "magical human" in a Facebook post, lamenting: "You had so much love in those twinkly eyes for a world that dealt you such a bad hand."

The organization issued a statement saying Hennan "saw beauty everywhere in the world, and was moved by it every time ... What a heart, what a spirit."

A memorial is planned for 2 p.m. on Jan. 25 at Jacob's Well (239 Main St.).

DAVID P. BALL/METRO

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Landslide risk subsides

WEATHER

Heavy snowfall followed by rain raised safety concerns



Matt Kieltyka
Metro | Vancouver

The Metro Vancouver region was fortunate to make it through the week without a large landslide, according to one expert.

Brent Ward, the chair of Simon Fraser University's earth sciences department, said the risk of landslides throughout the Lower Mainland was ratcheted up this week as rising temperatures and a rainfall warning threatened to melt and wash out the large amounts of snow that has built up over the last month.

"That's what we worry about, these rain on snow events. If you combine that much rain with warming temperatures and the warm rain melts the snow, you put a lot of water into the slopes around here and you can get a landslide," said Ward.



Crews work to clean up a mudslide in North Vancouver on Jan. 22, 2005. Two homes were destroyed in the mudslide that killed one woman. THE CANADIAN PRESS

The elevated risk has now passed, according to Ward, but the possibility still remains as many areas of the region are still sitting underneath a blanket of snow.

"The temperatures are still high. Here up in the university we still have a lot of snow, it



Lots of eyes on a slope is a good thing.

Brent Ward

hasn't melted yet. My house in Coquitlam still has a lot of snow," he said.

"So there is still a lot of snow out there and if it melted quickly we could still get some landslides, but usually it's in conjunction with another significant rainfall."

In 2005, North Vancouver resident Eliza Wing Mun Kuttner was killed in a landslide that affected two homes.

Ward said many of the factors involved in that preventable slide have been addressed.

"Because we live in an area with steep slopes and high rainfall, we do run the risk of landslides and, years ago, the municipalities didn't recognize those hazards. With (the 2005 landslide) there was a lot where during construction they had pushed a bunch of debris out onto the slope," he said.

Ward advises homeowners living above or below steep slopes to keep their eyes out for potential signs of trouble.

"People should just be observant," he said. "They should be seeing if they see trees that are leaning or look like they're moving. If their backyard backs onto a steep slope, are there cracks opening up? Are there areas that look like they've dropped down?"

"Those are kind of warning signs and they might want to phone their local municipality and say, 'Hey, I'm a little concerned about this.' Lots of eyes on a slope is a good thing."

RESTAURANT

Whale of a lawsuit launched

A condo council on Vancouver's waterfront is named in a civil lawsuit over allegations it refused to lease space to a fish and chip restaurant called Moby Dick partly because of an offensive word in its name.

Mengfa International Resources alleges in its notice of claim that the condo council overseeing the commercial property it owns defied its own legal advice while opposing the opening of a Moby Dick franchise.

The lawsuit says when Mengfa attempted to lease the site to the franchisee, the association responded with a list of objections, including claims that the name of the restaurant contains an offensive word.

The statement of claim says the company and franchise operator have worked with the condo council since mid-July but they were unable to satisfy sign or renovation requirements, despite legal advice to the council that its demands violated B.C.'s Strata Property Act. THE CANADIAN PRESS

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VANCOUVERING



with icons by Danielle Vallée from the noun project

Youth charts path to reconciliation

INDIGENOUS STORIES

Adina Williams motivated to educate and rebuild

Cara McKenna
For Metro

When Adina Williams of Squamish Nation was in Grade 10, she was asked to introduce her community's territory before a graduation ceremony in North Vancouver.

It was her first time speaking in public, but people were so thankful for her presence at the event that it launched many other opportunities for Williams to educate people about her nation.

Since then, Williams, 20, has been an informal youth ambassador for her community on

the North Shore — speaking about reconciliation at several high schools and events. She's even led professional development sessions for teachers and administrators as part of a wider push to incorporate indigenous learning into mainstream education.

It's often not comfortable or easy to break long-standing barriers, but Williams is one of many indigenous youth who are stepping forward to lead the way.

"Reconciliation and this kind of work is so important to me, because I recognize that these are opportunities that my parents didn't have," said Williams, who is an intergenerational survivor of the residential school system.

"Indigenous peoples are really starting to come out and share more of who they are."

In the past several months, Williams has facilitated reconciliation workshops with young people in Vancouver as part of a new role as a youth leader with a charity organization called



Adina Williams, 20, a second-year student at UBC and a member of Squamish Nation has been doing work towards reconciliation since she was in Grade 10. JENNIFER GAUTHIER/METRO

Canadian Roots Exchange.

She has also been recognized at the University of British Columbia, where she's working towards going to medical school.

The director of UBC's First Nations House of Learning re-

cently acknowledged her when the institution announced it was opening an Indian Residential School History and Dialogue Centre.

The centre, now under construction, is something Williams

said she "holds close" and sees as a positive sign for the future.

"If people want to be serious about reconciliation, working with the local indigenous communities is really integral to that," she pointed out.

Williams added, however, that sometimes it feels one-sided. Once, a parent at her high school had watched her do a territorial welcoming and decided to tell her nobody cares about the work she's doing and to just "forget it."

"It really changed my perspective in a way ... I began to realize that not everybody is going to appreciate this," she reflected.

"It didn't bring me down in a way that I wasn't going to do the work anymore. If anything it motivated me to do more and maybe try my best to further educate people on why this work is so important."

Despite resistance among some, Williams said she's noticed many other youth blazing trails in reconciliation work — particularly her peers at Squamish Nation.

"It's not even just being right out there and doing this formal kind of activism, we have youth who are very artistically capable and doing well in their athletics and all that," she said.

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Can't stand peeing? Sit down, son. GRAEME MCRANOR/FOR METRO

Minding my son's P(ees) and Qs

THE BIG SQUEEZE

It's time to take a stand in the bathroom



Graeme McRanor
For Metro

S— happens. And since daughter Dylan arrived three weeks ago, it's happening a lot. But, for now, I'm talking sit.

My son can't stand peeing.

Not that he's opposed to the act — he just doesn't care to be upright during it. In fact, of necessity and under protest, he's only stood to pee a handful of times in eight years.

The first time was on a camping trip when he was three. With no outhouse nearby, options for number one were two: hang out in the woods or pee in the pants. The call of nature foiled by nature itself. He was not happy about it.

Anchored by my arm, he dropped his drawers, arched back and thrust his hips while I tilted him just enough to dribble directly onto his shoes.

A year later, in India, we were exposed to what might have been the foulest toilet in the country. And, if you've ever had to hit the head in any of Old Delhi's decrepit depositories, then you know that's a tough title to claim.

With help, he hung over a six-inch hole that hadn't taken a bull's-eye in years. The procedure took less than a minute; afterwards, he lectured me on the merits of sitting for nearly five.

Then, in kindergarten, an older boy derided his relatively long goldilocks and peeing mode. When told about it later, I didn't bother broaching vertical integration — I simply asked if he

wanted to cut his hair. "No," he said. "I like my hair." So, at five years old, not afraid to put his foot down. Just never at a urinal.

Last summer on a gruelling hike, he again indicated a need to go. The trees had started to wildly whip in the wind and I'd just decided to seek shelter when a big fir snapped.

I suggested expediency, aiming him downhill to avoid runoff. Unfortunately, that meant into the wind. And onto my hand.

Nobody's ever pressured him to stand. It's his business and I've adopted the neutral-parenting practice of ensuring that the seat is clean, secure and in the downright position.

But that all changed recently when my son sauntered into the bathroom and, without a word, unzipped and peed — standing up. Afterwards, he simply flushed the toilet, washed his hands and exited as coolly as he'd come in.

Standing by while brushing my teeth, I felt a flush of pride. For my son had finally turned that figurative corner. With two firmly planted feet he'd taken the first step on that long and winding road to becoming a man.

Not because he stood to pee; but because he didn't get any of it in the toilet.

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PIE SHOPPE RE-OPENS



Abby Wiseman
For Metro

Sister bakers Stephanie and Andrea French re-opened their beloved pie shop in a new location, new neighbourhood and a whole lot of new space.

What's not new is their delicious sweet and savoury pies made with imaginative local ingredients and a whole lot of love.

The new Pie Shoppe is now located at 1875 Powell St. in a sweet historic building. The sisters worked tirelessly on re-creating the space into a bright, beautiful and cozy neighbourhood haunt. Just the kind of place you want to spend a Saturday afternoon catching up with friends over pie and cappuccinos.

I tried three different pies — because I'm a glutton for pie — and the one that tops my list is the Amaro and grapefruit. Amaro is an Italian herbal liqueur commonly

used as an after dinner digestif, and more commonly used in a Negroni cocktail.

True to their mantra of keeping ingredients local, Stephanie and Andrea used a local Amaro by The Wood Spirits Co., distilled with North Shore ingredients.

Naturally, a good pie starts with a great crust and the crust on every pie I tasted was perfect. Flaky, flavourful, with just a hint of sweet aftertaste. The grapefruit and Amaro custard was sweet and a little bitter from the grapefruit, which is my favourite contrast, and the Amaro came through in the end with that little punch of alcohol that made it interesting to the palate. Delicious.

The second pie was their staple chocolate pecan ganache. This pie reminds me a lot of butter tarts at Christmas, but better, because there is chocolate.

Third was the savoury beef and chipotle pie turnover. The quality beef was seasoned to perfection, but not too spicy and let the onions really come through.

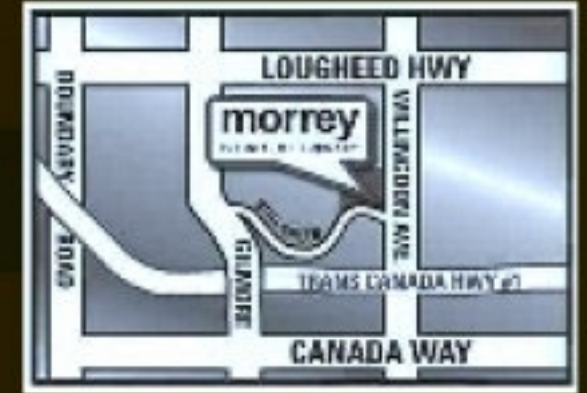
Chinatown's loss is definitely East Van's gain.

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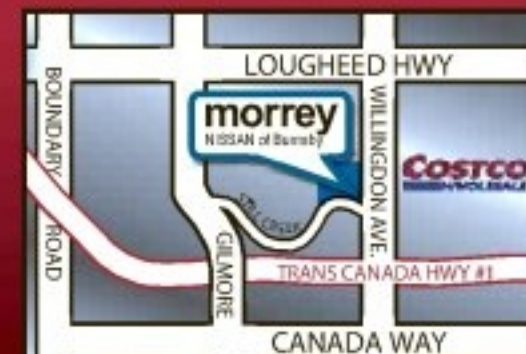


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GT model shown

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Cold-pressed juice for a reset



Amy Logan
For Metro | Vancouver

A new year is the perfect time to reset and start afresh, and an ever-expanding array of cold-pressed juice companies offer health-conscious Vancouverites plenty of opportunities to detox and rejuvenate. From health shots to full cleanses, fresh-pressed juice has never been more popular.

The Juice Truck, The Juice Box, Krokodile Pear, The Juicery Co, Radicle Juice, Sejucied, Leafy Box, and Glory Juice Co. are just a few of Vancouver's juicy offerings.

Proponents claim that cold-pressed juice, created using a hydraulic press, has a multitude of health benefits. The Juice Truck co-founder Zach Berman pointed out that the lack of fibre in cold-pressed



The Remedy, one of The Juice Truck's cold-pressed juices made from kale, ginger, mint, pineapple and cucumber.

AMY LOGAN/METRO

juice "allows your body to assimilate the nutrients more quickly," and the process helps retain the largest amount of "live enzymes and nutrients." Cleanses offer detoxifying benefits, giving the body a break from unhealthy food, dehydration, environmental pollutants and excess.

A year-long backpacking ad-

venture Berman took with business partner Ryan Slater set them on the "path to juice." Snowed in on Nepal's Annapurna Circuit, they noticed the locals drinking a vibrant orange drink which turned out to be juice from seabuckthorn, a local berry grown at high altitude. This discovery, coupled with the ubiquitous juice carts of India, blossomed into "a passion for local remedies and superfoods." A year later, after returning to Vancouver, they were inspired to launch The Juice Truck.

Working with Feed Life, they have created a variety of juice cleanse options, "each built with a specific function, and designed with enough calories to support you through a day."

Partnered with SPUD delivery, The Juice Box offers a variety of juice shots, nut milks, and cleanses delivered to customers, and available at various Be Fresh markets and cafes.

According to brand ambassador Keith Aikman, the Juice Box aims to bring health to the people and "make it easier to give them a fresh restart."

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Nothing enhances a three-course feast better than a selection of perfectly paired wines. We all know *Dine Out*™ Vancouver Festival as Canada's biggest culinary event, but local and international wines play a starring role, too.

Thanks to a partnership with Wines of British Columbia, many of the festival's 284 participating restaurants are offering BC VQA wine pairings alongside their fixe prix menus – a perfect way to experience the product of some of B.C.'s best wineries. Keen for a more in-depth vino-venture? Browse the festival's events roster and choose your own adventure:

- New this year, Explore BC Wine Brunch at Hart House Restaurant shares the venue's award-winning wine list during Saturday brunch. Also on the guest list: at least four regional wineries, whose representatives will pour two wines each for guests to pair alongside the restaurant's Pacific Northwest cuisine. The informal, stand-up event is perfect for mingling and roaming the Tudor-style heritage mansion and nearby Deer Lake Park. A sister event, Explore BC Wine Brunch at Boulevard, will take place at elegant Boulevard Kitchen & Oyster Bar;



wines will be paired with the restaurant's signature seafood-focused cuisine.

- Also new: Café Medina's Down Under: An Australia Day Wine Dinner, the only time you can say "G'day mate!" at 7pm. The evening affair showcases select wines that hail from Australia's most well-known wine-producing regions, paired with a four-course feast inspired by the café's popular Mediterranean-inspired dishes.

- The Grape Debate, now an iconic festival event, ponders the question "What role does the vessel play?". The spirited seminar includes insights from a panel of winemakers and experts, as well as a Q&A for attendees, with the discussion centred on the merits of using traditional stainless steel and oak barrels versus newly introduced amphora (clay) and concrete. And yes, there's a tasting during the debate as well as Grand Tasting of B.C. wines afterward.

Thirsty? Head over to www.dineoutvancouver.com for event details and the list of participating restaurants.

For the full details:

DineOutVancouver.com

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'There's a huge pent-up demand'

HOUSING

Developers stay bullish on condo market



Jen St. Denis
Metro | Vancouver

Despite a recent slowdown in Vancouver's housing market, developers are maintaining their rosy view for the industry in 2017 — and are very much hoping Christy Clark's Liberals retain their grip on power.

Vancouver's single-family detached market has slowed considerably, and seen downward price adjustments, following the province's introduction of a tax on foreign buyers last July. The policy move came after home prices in some areas rose more than 40 per cent.

But condo sales and pre-sales are still going strong, said panelists at the Urban Development Institute's annual forecast event on Jan. 19. Brian McCauley, president of Concert Properties, pointed out that Metro



A condominium under construction in Yaletown in September 2016. JENNIFER GAUTHIER/METRO

We clearly don't have a very stable supply of new rental residential (properties).

Brian McCauley

Vancouver condo sales rose 52 per cent in 2016, and prices rose 22 per cent in the last quarter

of 2016 compared to the same period one year earlier.

He did acknowledge that

13,000 condos were sold in the first half of 2016, compared to 6,000 in the second half of the year.

"You can draw your own conclusion," he said.

"One of the other things that was remarkable about 2016 was the velocity of sales that

we had in all of these projects that were launched. What that indicates is that there's a huge pent-up demand that we're not able to satisfy product to fast enough."

McCauley also drew comparisons between the media's obsession with the housing affordability crisis in 2016, and a similar set of headlines from 2007 — shortly before the global financial crisis, fuelled by the U.S. housing crash.

"The two key messages out of both of those two time frames are housing affordability and shortage of rental housing," he said.

While Vancouver as well as some other Metro Vancouver municipalities have made a good start to encourage construction of new rental buildings after a decades-long stagnation, it's nothing compared to Seattle, said McCauley: Vancouver approved 1,800 new rental units in 2016, compared to the 14,000 that were green lit in Seattle.

He added that developers and investors have great interest in building and acquiring rental apartment buildings — but the

1,800

Vancouver approved 1,800 new rental units in 2016, compared to the 14,000 that were green lit in Seattle.

three levels of government need to get on the same page to create policies that will boost construction of new rental after a decades-long stagnation.

The federal government's intention to get back into housing is very welcome, McCauley said.

Relying on condo investors to provide more rental supply, which is what policy makers have effectively been doing for the last 20 years, just isn't going to create the kind of supply that is now needed.

"Over 80 per cent of condos bought by investors will be in the rental pool for two years or so," McCauley said.

"But 60 per cent of condo investors will sell in five years. So we clearly don't have a very stable supply of new rental residential."

SOCIAL MEDIA

One in five are snoops on Facebook: Study

Your friends — or frenemies — could be sneaking a peak at your Facebook account, and their motivations could be more sinister than you think.

University of British Columbia researchers conducted a survey of 1,308 adult Facebook users in the United States found that 24 per cent, or one in five users, had accessed the accounts of friends, romantic partners or family members. The survey also found that 21 per cent of users reported being the victim of a snoop.

Sometime the snooping was for innocuous reasons, like to replace a friend's profile picture as a joke.

But other times the snoopers had darker motives: to find out whether a romantic partner was cheating, to damage the victim's social reputation, or to delete messages and photos that were meaningful to the victim.

Usually the snoopers were able to get access to the victim's Facebook account because the

victim had kept their computer logged on or had shared their password with the snooper at some point in the past.

"Jealous snoops generally plan their action and focus on personal messages, accessing the account for 15 minutes or longer," said computer science professor Ivan Beschastnikh, one of the authors of the report, which was funded by

Canada's Office of the Privacy Commissioner.

"And the consequences are significant: in many cases, snooping effectively ended the relationship."

The researchers note that many Facebook users value ease

of access over security: it's a pain to log out and log back in, so many people simply keep their account logged in.

The report authors observed that most of the victims adopted better security after the experience, so "educating users about the social insider threat might motivate them to adopt more secure practices."

JEN ST. DENIS/METRO

TOBACCO

Campaign wants legal smoking age to be 21

British Columbia's health minister says he wants to see the province raise the legal smoking age to 21.

Terry Lake said he's an ardent anti-smoker and believes the longer people are legally prevented from buying tobacco products, the better the odds are that they won't pick up the habit.

The legal age in Canada to purchase tobacco products is set by each province and territory.

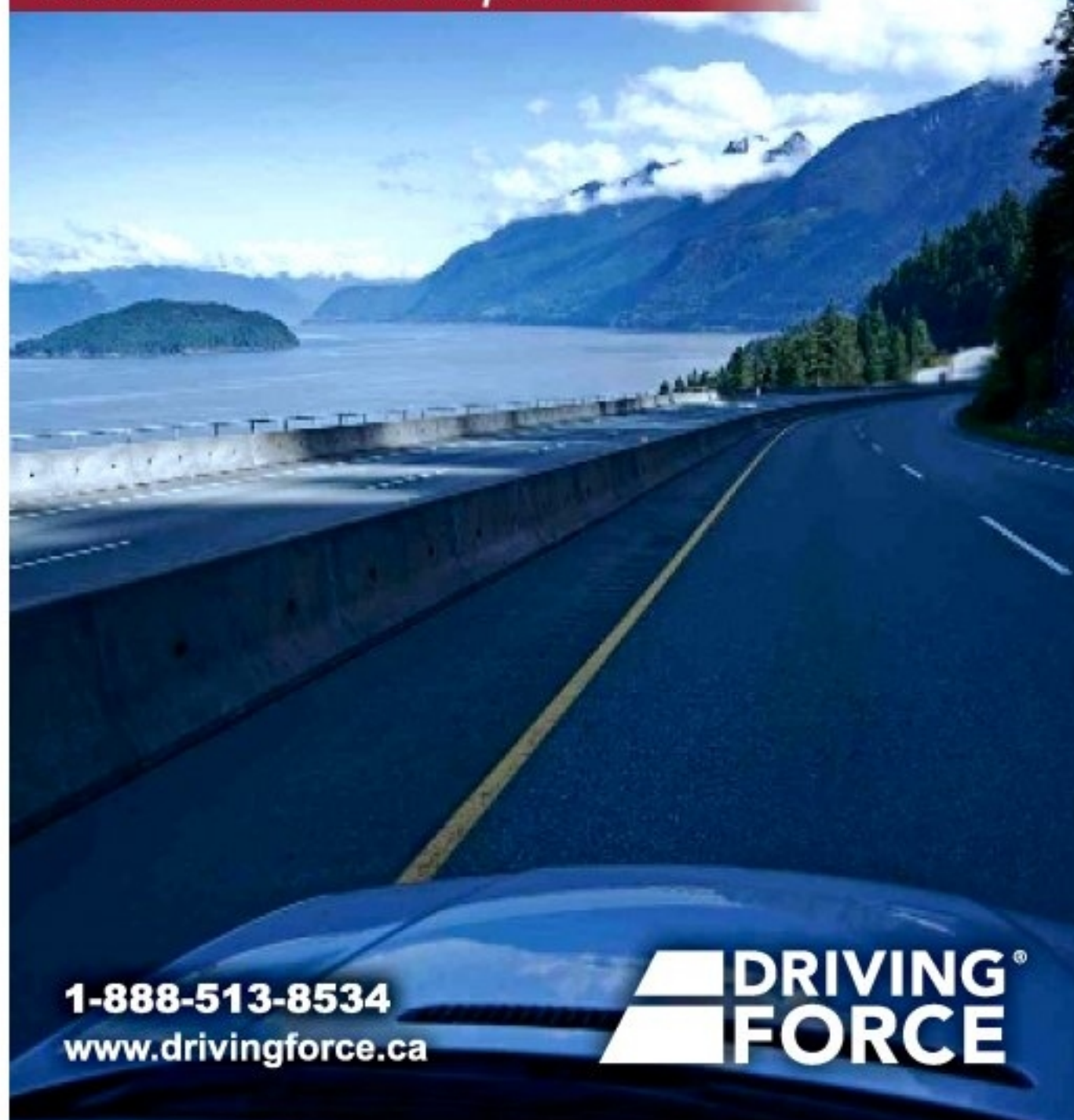
B.C. and five other provinces have an age limit of 19, while the rest of the provinces and territories have set the smoking limit at 18 years old.

"I've seen in my family, my mom die, my dad suffer with chronic obstructive pulmonary disease," said Lake. "I've seen my siblings struggle with addiction to nicotine."

Lake, who isn't running again in this May's election, said his idea of raising the smoking age does not represent an official change on behalf of B.C.'s government.

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Making it with Metro

CREATIVITY

Artist finds success with newspaper collage artwork



Yvette d'Entremont
Metro | Halifax

A Dartmouth-based collage artist who turned daily free newspapers into an art career is officially opening her studio this weekend.

About two and a half years ago, Rhonda Barrett was pregnant, teaching yoga and making very little.

"It was a case of you need money to make money," she recalled.

She was always interested in the arts, but had never considered it as a career. Barrett lived in Halifax at the time and often found herself at the Halifax North Memorial Public Library.

"The Metro is outside and I'd always go and get the newspaper each day. After a month I had this stack of paper," she recalled.



Rhonda Barrett is a collage artist. JEFF HARPER/METRO

"I looked at it one day and I thought 'Paper! It's free!' I went to the dollar store. My first canvas was a 16x20 from the dollar store."

Barrett's first newspaper collage piece was inspired by Roxy D'Lite, her favourite burlesque star. She posted a photo on Facebook asking her friends if anyone would consider buying it.

The response was immediate. It sold for \$150, giving her the cash she needed to purchase supplies to create more newspaper collage artworks.

In the past two years she has created more than 100 pieces, many of them commissioned. Some are famous personalities like Bob Marley and Audrey Hepburn. She's currently working on a portrait of Kurt Cobain.

Other pieces include Peggy's Cove and artworks inspired by her yoga practice, province or news of the day.

"My biggest hurdle is people look at this and from afar, they're not going to think this is newspaper. It's about bringing someone close enough where



Some of the artwork made from newspapers. JEFF HARPER/METRO

they see the texture and ask what is this made of," she said.

"If I take one and hold it up to the light, you can see the backside of the paper. All of the words and images start to come through."

She's received Artzone Gallery's award for new emerging artist and was also chosen as a finalist in the first international Nonesuch Art on Paper awards last year.

"The pieces are dated by the papers I've used ... It's kind of an interesting time capsule," Barrett said.

FIRST NATIONS

Trudeau holds talks on suicide strategy

Prime Minister Justin Trudeau held a closed door meeting Thursday with some leaders of Ontario's northern First Nations to discuss a national suicide strategy.

The Prime Minister reached out to Wapekeka First Nation band council member Joshua Frogg, the uncle of Chantell Fox, a 12-year-old girl who committed suicide on January 10, Nishnawbe Aski Nation Grand Chief Alvin Fiddler and Mushkegowuk Council Grand Chief Jonathan Solomon.

The chiefs were in Ottawa to hold a press conference on Parliament Hill, demanding a national suicide strategy after the deaths of Fox and her 12-year-old friend Jolynn Winter. She committed suicide first, on Jan. 8. Four other girls were flown out of the remote, First Nation 600 km north of Thunder Bay, and, another 26 students are considered "high risk" for suicide.

Wapekeka Chief Brennan Sainnawap, Chantell's grandfather, wrote to Health Canada in July to demand help and submit a mental health funding proposal, saying they feared a suicide pact among girls was present in the

community.

Health Canada denied their request.

"The first thing we raised was the urgency of the situation, the fact the community has asked for some supports which they submitted back in July and the government's need to act immediately to approve the proposal," said Fiddler after the meeting on Thursday.

Fiddler handed Trudeau a copy of NAN's declaration of a state of health emergency in their communities and those all the way to the Manitoba border, on Feb. 26, 2016.

The declaration outlined how indigenous people are dying of preventable diseases like rheumatic fever, suffering adverse effects of diabetes and lacking mental health care and addiction treatments.

The declaration called for a transformation of how health care is delivered to these communities, said Fiddler, who added chiefs in Manitoba and Saskatchewan agree with them.

Fiddler said Trudeau was "very receptive" to all of their suggestions but he made no commitments. TORSTAR NEWS SERVICE



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An Iranian firefighter walks among the debris of Iran's oldest highrise, the 17-storey Plasco building in downtown Tehran. AFP/GETTY IMAGES

Dozens die in fire

TEHRAN, IRAN

Firefighters lose lives as building falls during rescue

A historic highrise in the heart of Iran's capital caught fire and later collapsed Thursday, killing at least 30 firefighters and leaving their stunned colleagues and bystanders weeping in the streets.

The disaster at the 17-storey Plasco building, inadvertently shown live on state television, came after authorities said they repeatedly warned tenants about blocking stairwells with fabric from cramped garment workshops on its upper floors.

Firefighters, soldiers and other emergency responders dug through the debris into the night, looking for survivors.

While it was not clear how many people were in the steel-and-concrete building, witnesses said many had slipped through a police cordon while the fire burned to go back inside for their belongings.

"They asked us ... using loudspeakers to evacuate the building, but some people went inside again, saying their precious documents, their bank checks, their entire life was in their shops," said witness Masoud Hosseini. "They went inside to fetch those documents. I felt like they cared about their belongings, checks and money more than their lives."

Iranian authorities did not immediately release definitive casualty figures, which is common in unfolding disasters.

Iran's state-run Press TV announced the firefighters' deaths, without giving a source for the information. Mayor Mohammad Bagher Ghalibaf said more

than 20 bodies of firefighters had been recovered by Thursday night.

Local state television said 30 civilians were injured, while the state-run IRNA news agency said 45 firefighters had been injured.

Firefighters began battling the blaze around 8 a.m., some 3 1/2 hours before the collapse. The building came down in seconds, shown live on state television, which had begun an interview with a journalist at the scene.

President Hassan Rouhani ordered Interior Minister Abdolreza Rahmani Fazli to investigate the disaster, IRNA reported. Rouhani also ordered the ministry to ensure the injured were cared for.

Another fire broke out later Thursday at a building next to the collapsed tower, according to the semi-official Fars news agency. Firefighters worked into the night to extinguish it.

THE ASSOCIATED PRESS

ITALY

No signs of life at avalanche-hit hotel

Rescue workers reported no signs of life Thursday at a four-star hotel buried by an avalanche in the mountains of earthquake-stricken central Italy. Two bodies were recovered of the estimated 30 people trapped inside as the risk of more avalanches slowed the search effort.

Two people escaped the devastation at the Hotel Rigopiano, in the mountains of the Gran Sasso range, and called for help, but it took hours for responders to reach the remote zone on skis.

Days of heavy snowfall had knocked out electricity and phone lines in many central Italian towns and hamlets, and four powerful earthquakes struck the region Wednesday.

It wasn't immediately clear if any of the quakes triggered the avalanche. But firefighters said the sheer violence of the



Hotel remains. AFP/GETTY

300-yard-wide (300-metre) snow slide on Wednesday uprooted trees in its wake and wiped out parts of the hotel.

The hotel in the Abruzzo region is about 30 miles (45 kilometres) from the coastal city of Pescara, at an altitude of about 3,940 feet (1,200 metres), located in the swath of central Italy between Rieti and Teramo jolted by Wednesday's quakes, one of which had a 5.7 magnitude.

THE ASSOCIATED PRESS

AUSTRALIA

Driver targets pedestrians in deadly Melbourne attack

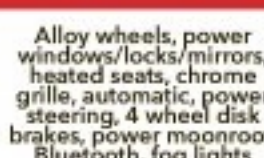
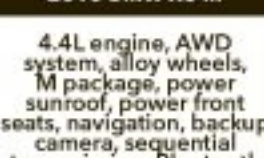
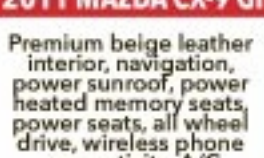
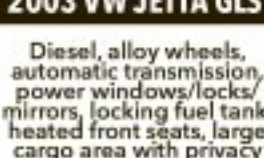
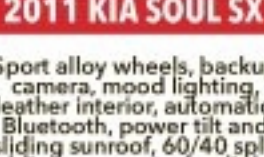
A man deliberately drove into a street crowded with pedestrians in Australia's second-largest city on Friday, killing at least three people and injuring 20 others, police said.

The chaos began in the early afternoon, after a man was seen driving in erratic circles in the middle of a major intersection in downtown Melbourne. The driver then turned onto a pedestrian-only road, deliberately colliding with pedestrians before continuing onto a sidewalk and hitting several other people, police said.

The man was arrested at the scene and there was no further threat to the public, police said.

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TALKING WITH TRUMP SUPPORTERS

They adore Donald Trump enough that they came to Washington to celebrate his inauguration. We asked some people what they liked most about him and what they liked least. TORSTAR NEWS SERVICE

Dennis Poer, 58, painter — Champaign, Illinois

Like most? "His honesty. He doesn't put up with any of the bullcrap."

Like least? "Not yet."



David Drexler, 53, attorney — Los Angeles, California

Like most? "His willingness to avoid political correctness and state the issues the way they should be stated."

Like least? "His comments about women I found very offensive."

Tyrus Cobb, 33, truck driver — Indianapolis, Indiana
Like most? "I believe he's a man of his word."

Like least? "The only thing I would change is if he would stay off his social media."



Joe Gellone, 49, banker — Anchorage — Alaska

Like most? "I like the fact that he doesn't mince words. A little politically incorrect, but he gets the point across."

Like least? "I wish he would calm down on the tweets."



Scott Esmeier, 55, construction worker — Arizona

Like most? "His can-do, gonna make it happen, doesn't back down."

Like least? "He could probably tone down his Twitter. Maybe wait five minutes before he tweets."

Young activists gearing up

ACTIVISM!
ROSEMARY WESTWOOD
From the U.S.

Amariyanna Copeny, a nine-year-old from Flint, Michigan, ended a speech on Martin Luther King Day with a knock-knock joke. "Who's there?" the crowd asked. "2044," she said. "2044 who?" "Vote for me in 2044!" she cheered. "I'm gonna be president."

So sayeth the youngest youth ambassador for this weekend's Women's March on Washington. And I wouldn't put it past her. Copeny is one of about 30 young people across the U.S. chosen from hundreds of applications to lead a crucial aspect of the Women's March on Washington: capacity building for progressive activism, not just over the next four years, but within the next generation.

Flint's water crisis thrust Copeny into the international spotlight after her work to raise awareness about the problem helped convince Barack Obama to visit the city (she also met Donald Trump, looking a little apprehensive, in what became a viral image).

"It's an honour to be chosen as a youth ambassador and for me to be able to use my platform to be able to do what is right and not only stand up for my community, but for kids across the country who may not know that they can use their voice, as well," Copeny said.

The youth ambassador program is run by Tabitha St. Bernard-Jacobs, a 34-year-old who says she's doing it for her two-year-old son. These kids will be "taking over the world" one day, she told me. "They're at a point where they have questions and they want to have conversations about what's going on around them." The program is designed to amplify their voices and give them tools to be stronger ac-

tivists. To that end, each ambassador is being paired with a seasoned activist to mentor them. They're being encouraged to spread the word among their peers about the Washington march and the hundreds of sister marches happening this Saturday.

Young people today are going to inherit a whole host of global crisis, from climate change and migration to morphing workforces, racial and income inequality. They also inherit a vibrant history of activism and increasing rights for all. The Women's March is a chance to recognize both.

There is something incredibly heartening, and especially respectful of diversity, in a movement that prioritizes the voices of those we often write-off of naive, naval-gazing, and entitled.

Imagine what being a part of that incredible experience could do for future leaders. Imagine what it could inspire. Amariyanna Copeny, 2044.



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Donald Trump speaks during a leadership luncheon at the Trump International Hotel in Washington, DC on the eve of his inauguration. AP/GETTY IMAGES

Trump's time arrives

Unusual new presidency is in store

Donald Trump enters the White House on Friday just as he entered the race for president: defiant, unfiltered, unbound by tradition and utterly confident in his chosen course.

In the 10 weeks since his surprise election as the nation's 45th president, Trump has violated decades of established diplomatic protocol, sent shockwaves through business boardrooms, tested long-standing ethics rules and continued his combative style of replying to any slight with a personal attack — on Twitter and in person.

Past presidents have described walking into the Oval Office for the first time as a humbling experience, one that in an instant makes clear the weight of their new role as caretaker of American democracy. Trump spent much of his transition making clear he sees things differently: Rather than change for the office, he argues, the office will change for him.

"They say it's not presiden-

tial to call up these massive leaders of business," Trump told a crowd in Indianapolis in December. That was after he negotiated a deal with an air conditioning company to keep jobs in the state, a move many economists derided as unworkable national economic policy. "I think it's very presidential," he declared. "And if it's not presidential, that's OK. That's OK. Because I actually like doing it."

Even before he takes the oath of office, Trump has changed the very nature of presidency, breaking conventions and upending expectations for the leader of the free world.

Advisers who've spoken with Trump say the billionaire real estate mogul and reality TV star is aware of the historic nature of his new job. He's told friends that he's drawn to the ambition of Ronald Reagan, a Republican, and John F. Kennedy, a Democrat.

But Trump also views himself as a kind of "sui generis" president, beholden to no one for his success and modeling himself after no leader who's come before. Trump has said he's read no biographies of former presidents.

THE ASSOCIATED PRESS

JUSTICE

Obama cuts 330 sentences

In a last major act as president, Barack Obama cut short the sentences of 330 federal inmates convicted of drug crimes on Thursday, bringing his bid to correct what he's called a systematic injustice to a climactic close.

With his final offer of clemency, Obama brought his total number of commutations granted to 1,715, more than any other president in U.S. history, the White House said. During his presidency Obama ordered free 568 inmates who had been sentenced to life in prison.

"He wanted to do it. He wanted the opportunity to look at as many as he could to provide relief," Neil Eggleston, Obama's White House counsel, said in an interview in his West Wing office. "He has a strong view that people deserve a second chance."

The final batch of commutations — more in a single day than on any other day in U.S. history — was the culmination of Obama's second-term effort to try to remedy the consequences of decades of onerous sentencing requirements that he said had imprisoned thousands of drug offenders for too long. Obama repeatedly called on Congress to pass a broader criminal justice fix, but lawmakers never acted.

THE ASSOCIATED PRESS



Barack Obama ASSOCIATED PRESS

Protocol for Hillary Clinton

Hillary Clinton's first major televised post-election appearance will be as a witness to a ceremony that could have been hers.

Here are a few ways Clinton can send subliminal messages to supporters, should she choose to.

1. Read my pantsuit

Bill Clinton-era secretary of state Madeleine Albright demonstrated her feelings about diplomatic encounters through what became known as "brooch diplomacy." She wore a snake pin when meeting with Iraqi officials

the same year Saddam. With Clinton's designer pantsuits, her fashion choices could transmit a statement: A black outfit might hint at a pessimistic nation in mourning. A bright outfit would say, "Hey, look at me. You can't keep a good woman down."

2. Wear a safety pin

If she really wanted to send a bold message as well as bring something tiny to the proceedings, she could wear a safety pin on her lapel. Safety pins had an illustrious turn as a post-election

political statement donned by "allies" of minorities and persecuted people. It was both held as a form of protest against a divisive election cycle and derided as a form of slacktivism.

3. Sit still, wear purple and play nice

Everyone is expecting the unexpected at this year's ceremony. Possibly the most subversive action Clinton could take is to plaster a vague smile on her face, wear purple and clap politely.

TORSTAR NEWS SERVICE



Tax worries automakers

TRADE
Ex-PM Harper sees landmark shift in U.S. foreign policy

A Liberal cabinet minister says he's hearing concerns from auto makers about negative effects on their industry from a Donald Trump presidency.

Economic Development Minister Navdeep Bains says he's had conversations with concerned automakers at the recent Detroit auto show and during his current visit to the World Economic Forum in Davos, Switzerland.

Trump's spokesman recently stoked fears when he said Canada's automotive sector may not be spared from a border tax.

In a speech in New Delhi Thursday, former prime min-

ister Stephen Harper said Trump's presidency has sparked "global uncertainty," but he predicted a landmark shift in U.S. foreign policy not seen since the end of the Second World War.

Harper said Trump is "going to reverse the cornerstone of seven decades of American foreign policy."

Trump's foreign policy will scale back U.S. involvement in global affairs and be guided

by narrow economic interests, while coming to view China as a "geopolitical adversary," Harper said in the speech.

The Liberal government says it is seeking common ground with the Trump administration on promoting middle-class growth, but Harper said friends and allies of the U.S. — he did not mention Canada by name — will have to bring "real assets" to the table.

THE CANADIAN PRESS



Former prime minister Stephen Harper takes part in the second Raisina Dialogue in New Delhi, India, Tuesday.

THE ASSOCIATED PRESS



REAL ESTATE

Property searches from U.S. way up

The election of Donald Trump to the U.S. presidency has created a surge in Americans eyeballing Canadian property.

But don't expect an influx of U.S. real estate buyers north of the border, said Phil Soper, CEO of Royal LePage.

There may be more interest in Canada, he said, but "who knows how educated American real estate researchers are in the steps necessary to actually relocate on a permanent basis? It certainly is easy to look."

Just in time for the inauguration, Royal LePage issued a report Friday showing that Canadian real estate, particularly in Ontario, has seen a Trump bump from U.S. buyers looking at property online.

Royal LePage saw a 41-per-cent year-over-year increase in queries to its web portal that originated south of the border in the last quarter of 2016. There were about 205,155 views last year, compared to about 145,500 in the same quarter of 2015.

"I know a significant percentage of the increase is likely very early research and untied to specific strategies to uproot themselves and move to a foreign land," said Soper, adding that it is as difficult to

immigrate to Canada as it is to the U.S.

The overall quarterly results were

not as dramatic as the initial Trump jump. The day after the election, U.S. web traffic increased 329 per cent. Even in the week following the election, there was a 210-per-cent rise in the number of U.S. property searches on Canada.

Ontario attracted 41 per cent of those queries, followed by British Columbia and Quebec.

TORSTAR NEWS SERVICE

75%

Percentage of the queries that were for residential properties.

FOOD

Nutrition science spun for marketing

Cereal makers have happily encouraged the belief that eating breakfast can help keep us thin and bring other benefits, partly by paying for studies that seem to support the idea.

So, does that mean breakfast is bad for you? Not that either. What it does show is how difficult it can be to sort the hype from reliable dietary advice when studies are funded by the makers of Froot Loops, nutrition science is often inconclusive, and grey areas can be spun for marketing.

Take Special K. In the 1990s, Special K boxes fea-

ture findings that people who didn't normally eat breakfast lost more weight after they started doing so.

"That was the little piece they put on the cereal box," said David Schlundt, a co-author of the study of about 50 women. Not mentioned on those boxes: Regular breakfast eaters who started skipping the meal lost even more weight, compared to those who stuck with their routines.

Schlundt's study was tiny. But it shows how easy it is to simplify the complexities and cherry-pick the findings.

THE ASSOCIATED PRESS

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WHEN SCIENTISTS TAKE A STAND

Scientists are quiet revolutionaries. Though they may sign petitions or speak out individually, they rarely throw public support behind a particular movement or cause. But they make a difference. Here are just five of the many scientists around the globe who've worked to change their fields and change the world.

Fiona Godlee



PUBLIC HEALTH

As editor-in-chief of the British Medical Journal, Godlee has led crusade after crusade on every public health issue, including harshly criticizing U.S. dietary guidelines and going after drug companies who don't release their data.

In November, Godlee co-wrote a fierce editorial calling on doctors to lobby to end the war on drugs and redirect resources into addiction treatment and harm reduction.

Kim Nicholas



CLIMATE SCIENCE

Nicholas studies how communities can protect food and water resources on a changing planet. She was spurred to action out of fear that climate scientists' knowledge base and public voice could be threatened under Trump.

Nicholas's sign at a protest organized by the American Geophysical Union was an online hit: It explained climate science in 12 words, complete with peer-reviewed footnotes.

Evelyn Gitau



PARASITOLOGY

Gitau develops high-tech ways to tell the difference between body-fluid proteins in children with malaria and other diseases. This allows for targeted treatment and less overuse of antibiotics; a key factor behind the global superbug crisis.

Half of infections in sub-Saharan African hospitals are never diagnosed. Gitau fights for better technologies to fix this, and worked to set up research infrastructure in Kenya.

Harlan Krumholz



BIOMEDICINE

Krumholz has had a huge hand in the dawn of medicine's data age. He spearheaded the young field of outcomes research, investigating why some patients and hospitals, despite working with the same science, fare so much better than others.

Krumholz is a cheerleader for evidence, calling on drug companies and researchers to publish **all** their clinical trial data, especially from experiments that failed.

Ursula Franklin



PHYSICS

The late Ursula Franklin's pioneering work united chemistry and archeology to find ways to precisely date ancient artifacts. She also showed buildup of certain elements in children's teeth was the result of nuclear test fallout, spurring reform.

Franklin urged Canada to halt biological and chemical weapons research, fought for pay equity and advocated pacifists' right to opt out of having their taxes fund the military.

FINDINGS

Your week in science



MEN ARE FROM MARS, WOMEN ARE ... ALSO FROM MARS

The smaller amygdala in "the female brain," so says conventional wisdom, is why women have less sexual desire and aggression than men. But a new review of 46 MRI studies shows the organ, relative to body size, is about the same in everyone.

DARK THOUGHT

A trio of theoretical physicists trying to figure out what's making the universe expand say their math only makes sense if some energy, contrary to the laws of physics we all learned in high school, is gradually being destroyed.

SOUND SMART

IRON CATASTROPHE

DEFINITION

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USE IT IN A SENTENCE

Sure, your graduation day is important, but it didn't create new magnetic fields. It's no **iron catastrophe**.

PHILOSOPHER CAT by Jason Logan

EXAMPLE HAS MORE FOLLOWERS THAN REASON.
— CHRISTINA BOVEE



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CITIZEN SCIENTIST by Genna Buck

Academics become activists by necessity

If you think scientists should stay in their lane and leave politics to politicians, you're going to be very disappointed over the next few years. Because when politicians attack science and evidence, it's everyone's business.

Case in point: the roar that rose up from the scientific world this week when Donald Trump appointed anti-vaccine kook and known measles-lover Robert F. Kennedy Jr. to head an unnecessary vaccine safety commission.

It's far from the first time scientists spoken out against Trump.

The day after he was elected, Science magazine called, in a less-than-hopeful tone, for the president-elect to appoint a qualified science adviser and include research spending in his infrastructure blitz.

Scientists aren't solitary lab rats. They publish books and articles, educate students and the public, advise companies and governments, and speak out about issues that relate to their expertise. In our era of misleading memes and fake news, their role is more important than ever.

In repressive regimes around the world, academics are bullied, persecuted, silenced or co-opted. Even in democracies, they get slapped around for political gain. Remember the communications crackdown on Canadian scientists during the Harper years?

That's child's play compared to the U.S. Congress effectively banning the Centers for Disease Control from studying gun violence for the last 20 years. Without good data, the quality of public debate on the issue has suffered drastically. I hate to think

about it, but a similar thing could happen with climate science. A large portion of the planet's climate science takes place within U.S. government agencies. Our planet needs that science.

As citizens, no matter where we live or who our leaders are, it's hugely important to show, publicly, that we have scientists' backs. We need to support their right to speak and listen when they do. We can't afford not to.

Science Question?

genna.buck@metronews.ca



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Howie Mandel

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The Founder, directed by John Lee Hancock, tells the storied history of Ray Kroc and the rise of McDonald's in popular culture. CONTRIBUTED

Meat of the McDonald's story

IN FOCUS

The Founder lifts lid on fast food giant and hunger for cash

Richard Crouse
For Metro Canada



Ray Kroc changed the way we eat. He didn't invent the hamburger, but has probably sold more burgers than anyone else.

He standardized food preparation, setting the template for fast food restaurants worldwide and built an empire based on two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun.

If you believe The Founder, a biopic of Kroc's building of the McDonald's hamburger chain, he was also a bit of an SOB.

Michael Keaton, who plays Kroc from failed travelling salesman to a millionaire whose business card reads simply Founder, says the choices his character "makes towards the end after he becomes successful are harsh, man. And nothing I would ever do. Nothing most people would ever do."

So, is he a hero or villain? That's the question The Founder asks. Does he deserve a break today for changing the way the world eats or is he a ruthless businessman to be grilled for his heavy-handed tactics?

When we first meet Kroc he's hustling a newfangled milkshake maker. Despite his slick

MOVIE RATINGS by Richard Crouse

Split ★★★★★
The Founder ★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★★ SKIP IT
★

pitch, his blender isn't shaking up the fast food business. Restaurant after restaurant turns him down, until a small San Bernardino, Calif., burger shack run by siblings Mac and Dick McDonald (played by John Carroll Lynch and Nick Offerman) places an order for six of the machines, then ups the buy to eight.

Intrigued, Kroc travels cross-country to check out the operation and finds a bustling res-

taurant pumping out good food with military efficiency.

The brothers streamlined their kitchen for maximum productivity, maximizing every inch of space to bang out burgers in under 30 seconds. Kroc, amazed, convinces the pair to allow him to franchise their ideas and name. Reluctant, they agree but with a strict set of rules to ensure quality control.

Their uneasy partnership be-

comes a powder keg when Kroc unilaterally changes how the company is run. As the company grows so does Kroc's ego and anything-to-win attitude.

Much of the way Kroc treats his business partners in The Founder is as distasteful as The Hula Burger, his famous and failed foray into vegetarian cookery. He double deals, goes behind their backs and worse, tampers with some of their recipes.

Keaton does a great job of slowly revealing Kroc's duplicity and dive into self-indulgence as he transforms from failure to success. His natural charisma and flair — He's Batman! He's Mr. Mom! He's Beetlejuice! — brings with it a familiarity that makes sense when telling the story of one of the best known brands on earth.

As an actor Keaton brings us on side as he effectively portrays Kroc's descent into amorality and callousness.

Like the operation that caught Kroc's eye, the film is efficient, wasting no moves in the telling of the tale. It's a classic story of persistence and greed and director John Lee Hancock gets right to the meat of the story.

As much as the film is about the U.S.'s 1950s growth spurt, it is also a portrait of the kind of never-say-die spirit that evokes the very best and worst of the American Dream.

On film Kroc is insufferable, a ruthless conniver who grabbed the gold ring, or, in this case, golden arches. Is he a good guy or scoundrel? Depends what side of the sesame seed bun you place the special sauce on.

INTERVIEW

An offer that proved just too tasty to turn down

Steve Gow
For Metro Canada



Nick Offerman isn't exactly a fan of the world's biggest fast food franchise yet he jumped at a chance to star as one of the original architects of McDonald's.

"It didn't take much," admitted the comic-actor recently, recalling the offer to star opposite Michael Keaton in acclaimed director John Lee Hancock's The Founder. "I mean, we could've been doing the life

story of Hitler and I would've been, well, I love those artists and if they're on board, there must be something to it."

Essentially an origin story about the ubiquitous burger chain, Offerman plays one of the McDonald brothers that invented the notion of fast food with their California drive-in — until a milkshake mixer salesman named Ray Kroc convinces them to expand.

Under his leadership, McDonald's explodes but their earnest upstart transforms into a monopolized

machine at the brothers' expense.

"I knew a lot of the story points already (but) what I didn't know were some of the personal narrative details of the actual McDonald brothers," said Offerman.

"It's so humanizing to learn that these two hard-working guys actually invented this way to cook food. It's an institution, it's always been around so you never think that somebody had to actually weld up those ketchup dispensers."

Offerman also delights that

the opportunity allowed him to star as sibling to longtime character actor John Carroll Lynch who may be Hollywood's most recognizable unknown star.

"For me, he inhabits my legendary character actor file drawer," explained Offerman of the man behind memorable roles in everything from TV's Walking Dead to movies like Shutter Island.

"I haven't said his name to anybody where they haven't given me a blank look. But I say look him up, you've seen him

and you love him."

That anonymity is an attribute Offerman treasures himself. While recognition has certainly expanded since breaking out as deadpan Ron Swanson on TV's Parks and Recreation, the 46-year-old actor remains happy to bask in the shadow of fame.

"There's pros and cons to both sides," laughed Offerman. "John Carroll Lynch and Nick Offerman can walk through airports and you'll get stared at and some people will stop you for a photo. But George Clooney can't even walk through an airport."



Nick Offerman, right, relished the chance to team up with John Carroll Lynch in The Founder. CONTRIBUTED

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Shyamalan twists and xXx turns

A bit more about movies opening this weekend

1 Split (starring James McAvoy, Betty Buckley, Anya Taylor-Joy; directed by M. Night Shyamalan; 116 minutes; 14A) —

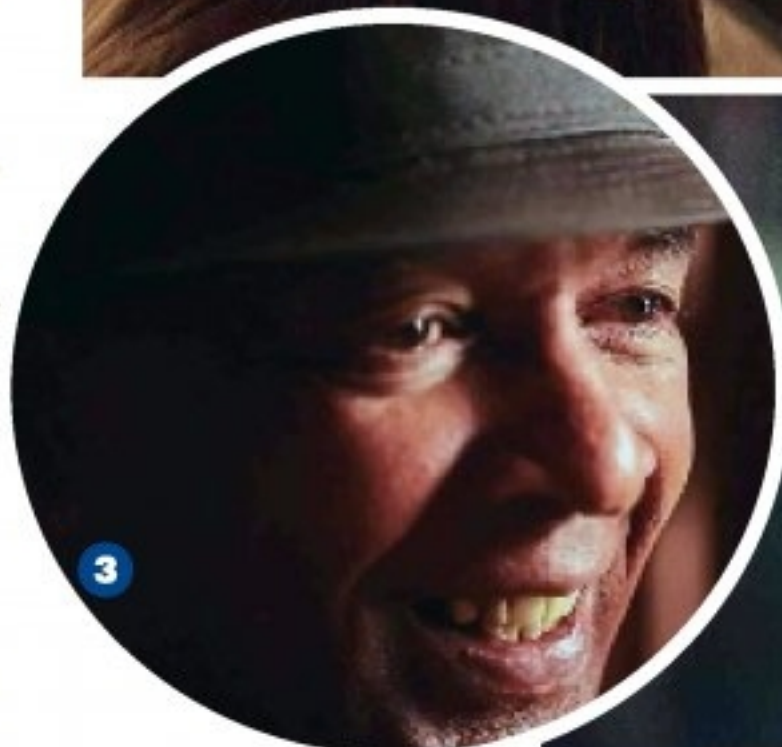
A plot twist can never zolt an audience as hard when they're waiting for it. And since his 1999 classic *The Sixth Sense*, no one's been under twist surveillance like M. Night Shyamalan. The core mystery of *Split* surrounds James McAvoy, a captor living with extreme (ly fictionalized) Dissociative Identity Disorder who keeps teenage girls in a DIY dungeon. In the heart of awards season, it's refreshing to see an actor let his freak flag fly as high as McAvoy does in *Split*.

2 xXx: Return of Xander Cage (starring Vin Diesel, Donnie Yen, Deepika Padukone; directed by D.J.

Caruso; 107 minutes; PG) — It's been 15 years since Vin Diesel first played Xander Cage in the deeply silly first *xXx*, and he hasn't grown up a bit. The comeback-throwback doesn't dare stray from the original, with its cheerfully senseless set pieces, witless quips and an X Games esthetic that will take you on a snowboard ride back to the radical, tacky '90s.

3 The Skyjacker's Tale (directed by Jamie Kastner; 75 minutes; 14A) — This ambitious documentary by Toronto writer/director Jamie Kastner teases out a mystery about Ishmail Muslim Ali that continues to fascinate, decades after he made international headlines in connection with two outrageous crimes: a mass murder and an aircraft hijacking.

TORSTAR NEWS SERVICE



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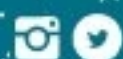


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'This incredible long search for knowledge'

METRO FOCUS **ACTIVISM!**

Documentary charts historic rise and rise of black education

Richard Crouse
For Metro Canada



Stanley Nelson is no fan of zooming in. In fact, he's more likely to be pulling the camera back for the most sweeping view possible.

"I am really interested in telling the stories of institutions rather than stories of dynamic individuals," says Emmy Award winning documentarian Nelson. "To me that is a more intriguing way of telling history."

As the title suggests his new film, *Tell Them We Are Rising: The Story of Black Colleges and Universities*, is another doc that turns a macro lens on its subject. A wide ranging look at how Historically Black Colleges and Universities, or HBCUs, have helped shape the societal and cultural history of America for the last 170 years, it's a detailed account of the establishment of schools for African American students.

"As a filmmaker there were these incredible resources," he says, "stills, film, diaries and letters that existed in black colleges, that generally hadn't been used."

But there is also a personal side to the story.

"My parents both went to black colleges," he says. "They both went to school in the 1930s



Tell Them We Are Rising: The Story of Black Colleges and Universities charts the establishment and impact of schools for African American students over the past 170 years. CONTRIBUTED

and that was the only option they had. That option changed my life, my sibling's lives, my kids' lives, and their kids' lives. Generation after generation will be changed because my parents had the opportunity to go to college."

Research for the documentary, which makes its Canadian premier at the Toronto Black Film Festival on Wednesday, Feb. 15, began several years ago and encapsulates a wide swath of history.

"We start the film during slavery," he says. "Not only was it illegal for black people to learn to read and write, it was illegal for a white person to teach a black person to read or write. That was against the law. There was punishment for teaching slaves to read and write."

"The film started there and follows this incredible long search for knowledge in the African American community that goes through black colleges and goes through to today."

In recent years several HBCUs have flourished while others struggled.

"The universe for black colleges has changed in the last forty years or so," he says. "Before, these were the only places, pretty much, where black students could go if they wanted to get a higher education."

"Just as importantly they were the only places black professors could teach. After integration and now, to a certain degree, if you've gotten great marks in school and are at the top of your class you have options as to where you go to school. If you

are a professor at the top of your profession in your chosen field you can teach at Howard or at Harvard where there are greater resources, greater prestige and you're getting paid more."

"There are choices now. Not to say that is bad in any way, but it has exacted a toll on black colleges and universities."

Still, *Tell Them We Are Rising* asserts HBCUs have an important place in higher education.

"We try to say that there are still reasons why any given student might choose to go to a black college or university. One of them is that it is a safe space. It is a space where you are not looked at as one of a kind. As one girl says, 'Movements are launched on black campuses,' because it is a place of people of like minds."

MUSIC

Tip dips into political waters

Rapper Tip (T.I.) Harris's recent foray into politically-charged commentary might surprise those best familiar with his rousing hip hop party anthems recorded when he was still known as T.I. But the Atlanta-born performer insists his social stance didn't come out of nowhere.

"My music has always been inspired by things that go on around me," the rapper says.

He's taken aim at Donald Trump's tactics with an open letter published by Rolling Stone last week and a series of Instagram videos which called out fellow black Americans like Steve Harvey and Kanye West for participating in photo ops with

the incoming president. Amid a Canadian tour that arrives in Calgary on Friday, Tip spoke about his stronger political voice.

Fans might be surprised that you've emerged as a vocal opponent of Trump's politics when some others in the hip hop community have shied away from the subject?

I don't think it has much to do with the presidency, it's just more (Trump's) style, demeanour and his temperament. The things he finds appropriate to say in regards to his opinions of other people. Those things are a bit disheartening. As far as what to expect from his

presidency, I don't want to be presumptuous, but actually see what happens.

But you took your opinions on Trump directly to your Instagram account earlier this week, saying that he was trying to gain favour by meeting with black celebrities?

I see what's going on and I'm just speaking as I see it necessary. I'm not speaking to them. Those are grown men. They're going to do what they want. I'm more so concerned by the people who follow behind, the people who they influence. I think it's important to make people aware that there



Rapper Tip Harris (T.I.). AP FILE

are strategic tactics that are formulated by the powers that be to try and manipulate the mind of the public. As long as people are aware of that and understand that, those tactics don't have as much success.

THE CANADIAN PRESS

Fanciest cheap eats in the world

SINGAPORE

For \$2 and 2.5 hours, you can get a Michelin-starred meal

David Bateman
For Torstar News Service

I might have started a black market.

There's hundreds of food stalls at Chinatown's hawker complex and only one is busy.

The fantastically literal Hong Kong Soya Sauce Chicken Rice and Noodle sells the world's cheapest Michelin-star food, starting at \$2 SGD (\$1.92 CDN). Less than a box of Timbits.

The wait was 45 minutes before Michelin's first Singapore guide launched in July. Parched, salivating customers now wait 2.5 hours.

As perplexing as chefs dreaming of acclaim from a tire company seems, a star is a culinary Academy Award and eating Michelin food is on many bucket lists.

Most other hawker stalls close at around 4 p.m., when chef Chan Hon Meng turns customers away because he's out of food.



Two plates of food and a bowl of soup at Hill Street Tai Hwa Pork Noodle costs less than \$10, the second cheapest Michelin star meal in the world. At Hong Kong Soya Sauce Chicken and Rice (left and top right) you can get a dish for less than \$2. ALL PHOTOS DAVID BATEMAN/FOR TORSTAR NEWS SERVICE



That's a problem for me at 3:45 p.m. As always, I'm late, and I leave Singapore the next day. Mission impossible? I've no Tom Cruise smile to flash, only crooked fangs and a broad Scottish accent.

Truthfully, creating a black market was accidental. A Singaporean who translated for me realized she ordered far too much food. For a few bucks, I bought her (un-

touched, I'm no animal) leftovers.

At Hill Street Tai Hwa Pork Noodle, the only other Michelin-starred food stall, I go straight and wait in line for the dry minced meat noodles dish and a bowl of soup. Cost: less than \$10 CDN.

It's tough. I have the patience of a hungry cat watching its owner struggling with a tin of tuna.

My feet ache and I lose a good shirt to sweat.

The lineup is more subdued than Texas barbecue hot spots, but Singaporean couple Evelyn Chew and Andy Teo kindly talk me through the three-dish menu.

I ask what makes Tai Hwa more special than hawker stalls offering national dishes?

"Every time, the minced meat noodles is the same,"



says Chew.

"We go to other stalls because we need to eat. This one, you remember it."

Hong Kong Soya Sauce Chicken Rice and Noodle will need a better acronym than HKSSCRN if local media reports are true that Meng wants to sell his recipe for \$2 million and rival KFC.

Meng proves elusive, inadvertently hiding between bars of golden brown chickens and red pork drying on hooks. He's earned every wrinkle on his forehead, working 17-hour days.

I feel silly complaining of tiredness watching Meng and Tai Hwa's octopus-chef. He sieves noodles, adds sauce, tosses noodles to water, pivots,

TRENDING

Casual fare

While the powers that be at Michelin are still awarding stars mainly to high end restaurants, these aren't the only cheap eats to make the list. Last year, Michelin's Tokyo guide featured a \$14 ramen noodle bar.

douses noodles, adds meat, plates it, and begins the next masterpiece.

Hours of waiting and commotion end at the smack of cafeteria trays on plastic tables. Good food creates silence. Necks hunch. Thumbs go up, mouths preoccupied. Neanderthal grunts ensue.

At Tai Hwa, comforting noodles mingle with crispy pork. A tiny piece of fragrant fish overwhelms my mouth.

Chicken glistens at HKSSCRN, the cheaper acronym-deficient stall where I barely waited. The meat is slick, not greasy. Bouncy yet delicate. Salty soy animates the crisply-lined pork edges and chicken skin.

Ignoring a few hungover life-saving bacon rolls, both stalls are the best sub-\$5 food I can remember.

The experience, foot blisters and all, transcends the camaraderie of sharing food.

It forces international strangers to share the wait, too, and maybe even some leftovers.

David Bateman is a Scottish writer.

Valentin Perla Blanca
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Junkyard highway

NEVADA

Art imitates life here — or is it the other way around?

Jennifer Bain
Torstar News Service

There's art, freaky and free, strewn across the Nevada desert. Looping back to Vegas after a spin down the Extraterrestrial Highway, I made time for three down-to-earth, "free-range-art" moments.

Supposedly you can see the International Car Forest of the Last Church from the highway in Goldfield, but as you drive through the south end of the no-longer-booming mining town — where furniture, appliances and vehicles adorn yards — it's tough to know if life is imitating art or if art is mimicking life.

Veer off-road and drive toward the big blue upside down bus. There's a small sign that declares this place "the world's largest national junk car forest" and cryptically adds: "ARTIST'S PLAY

GROUND & ATV Park, with Ultra light runways."

Ponder the meaning of that while wandering among 40-odd graffitied and painted junk cars mostly planted nose first in the desert. That's all the information you'll get because creator Michael "Mark" Rippie was last seen in federal prison on firearm charges, and artist Chad Sorg moved away.

If you are lucky, like I was, it will be a slightly unnerving, solitary experience with only Joshua trees, lizards and braying donkeys for company in a cellular dead zone surrounded by rusted cars and random busted appliances that may be cheekily abandoned or may also be art in this car forest.

It's presumably no accident that the Goldwell Open Air Museum, with its signature ghostly version of The Last Supper, is right beside the ghost town of Rhyolite. This art destination dates back to 1984, when Belgian artist Albert Szukalski was compelled to create a sculpture west of Beatty near California's Death Valley. The story goes that Szukalski wrapped human models in plaster-soaked fabric and posed them just like Christ and

“

If you are lucky, like I was, it will be a slightly unnerving, solitary experience.

his disciples in Leonardo da Vinci's The Last Supper painting. The models slipped out, the artist coated the rigid figures with fibreglass and here we are millions of tourists later.

Seven Magic Mountains is a magnet for the Vegas selfie crowd, but the presence of bikers who whip down S. Las Vegas Blvd. past Jean Dry Lake by the dozens is an unexpected bonus. Swiss artist Ugo Rondinone's stacks of limestone boulders painted with fluorescent colours are so hot that this free-range-art scene must post warnings to not "climb on, move, dislodge or disturb" the art. Yeah, try telling that to the clan in matching pink "Be awesome today" t-shirts positioning for that perfect photo.

Jennifer Bain was hosted by Travel Nevada, which didn't review or approve this story.



On the "free-range art highway" of U.S. Hwy 95 you can see the International Car Forest of the Last Church. JENNIFER BAIN/FOR TORSTAR NEWS SERVICE

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TRAVEL NOTES MALLS, FOLK MUSIC AND ZION
Mall of America to reopen movie theatres with 'gourmet' food

The Mall of America plans to continue showing movies, but in a renovated space that offers oversized reclining chairs, gourmet food and wines and cocktails. CMX is building a 64,000-square-foot movie theatre at the Minnesota mall, the largest indoor retail complex in the U.S. Among the upscale features are swivel tables, "gourmet" food options and wines and handcrafted cocktails.

THE ASSOCIATED PRESS



ISTOCK

Venue where a young Bob Dylan played is back in business

Bob Dylan would surely still recognize the low-ceilinged room in Caffe Lena where he played a couple of gigs almost 60 years ago. But just about everything else about a venue that bills itself as the nation's oldest continuously operating coffeehouse has undergone major upgrades as part of a \$2 million renovation project bankrolled in part by folk music performers themselves.



HANDOUT

Zion National Park road reopens

Authorities say a scenic drive at Zion National Park in Utah is open again after crews using fire hoses removed massive boulders that tumbled onto the road nearly a week ago. Park officials said Zion Scenic Drive is passable to the increasing flow of visitors making the trip even during the winter off-season. The slide from last week covered both lanes with about 200 tons of boulders and debris that stretched about four car lengths.



ISTOCK

Europe on \$5 a day, 60 years later

FROMMER'S

Guidebook creator talks transforming travel industry

This year the legendary travel guidebook writer Arthur Frommer celebrates 60 years since the publication of his 1957 book, *Europe on \$5 a Day*.

His message of authentic bargain travel encouraged average people — not just the wealthy — to vacation abroad.

How did the brand begin?

While in the army overseas, I was always struck by the fact that my fellow GIs did not travel. They were scared to travel. They were worried about how you would pay for various items. What currency would you use, where would you live at night, and I decided to do a guidebook.

You returned to New York



Arthur Frommer with his daughter Pauline, who now runs the business. PETER MORGAN/THE ASSOCIATED PRESS

to practice law but decided to write another guidebook for civilians.

During a one-month vacation, I returned to Europe and I went running to 15 different European cities, getting up at 5 a.m. in the morning, hitting the streets, going from one guest house to another, from one low-cost restaurant to another, and I then wrote a book called *Europe on \$5 a Day*.

What was the impact?

In the 1950s, most Americans had been taught that foreign travel was a once-in-a-lifetime experience, especially travel to Europe.

They were taught that they were going to a war-torn country where it was risky to stay in any hotel other than a five-star hotel. It was risky to go into anything but a top-notch restaurant. ... And I knew that all these warnings were a lot of nonsense.

THE ASSOCIATED PRESS

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From the architectural wonder and the cultural eye-opener that is the Human Rights Museum, to the delicious eats at The Fork and charm of St. Boniface, there's plenty to explore in Winnipeg.

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72 HOURS

This city keeps punching above its weight

Jennifer Bain
Torstar News Service

This city won't be lurking at the edge of the Canadian consciousness for much longer. The population may be just 720,000, but it's climbing and Winnipeg keeps punching far above its weight.

Friday
Christa Bruneau-Guenther opened Feast Café Bistro a year ago in the West End after own-

ing a daycare drove home food's vital role in healthy lives.

"It's about putting indigenous food on the map again," she says. Her simple menu revolves around bison, berries, wild rice, pickerel and the "Three Sisters" (squash, corn and beans). Get the butternut squash bannock pizza.

Currency buffs can geek out on the free tours at the Royal Canadian Mint, where guides will regale you with tales of how the Loonie came to be in 1987.

It was a tough call between Segovia Tapas Bar and Deer + Almond for dinner, but I picked the latter because it's helping drive the Exchange District's renaissance. Try Salt of the Earth — beet ice cream with pickled blueberries. Chef/owner Mandel Hitzer is best known for his annual 21-day pop-up on the frozen river, but it sells out in a snap.

Canada needs more Scandinavian-inspired spas. Thermea by Nordik Spa-Nature opened here in 2015 with a three-part thermal cycle where you warm up in dry saunas or steam rooms, cool off in cold waterfalls, a cold pool or a temperate pool, and then rest in outdoor or indoor relaxation areas.

Saturday

Go early to beat the weekend lineups at Clementine Café, which has a crazy creative menu and is minutes from the Alt Hotel Winnipeg, where I stayed. I went for the Braised Bacon Benedict with maple sabayon, dill and poached eggs on cheddar biscuits with a house beet sumac soda and side of fried beets with smoked cashews and curry aioli.

It's all about the polar bears

at Assiniboine Park Zoo, home to the award-winning Journey to Churchill exhibit and interactive polar bear conservation centre since July 2014.

The Exchange District is now an arts and cultural hub and 20-square-block National Historic Site full of architecturally important buildings, cutting-edge restaurants, shops, art galleries and museums.

The Forks, at the Assiniboine and Red Rivers draws more than four million visitors each year to its 23 hectares of restaurants, shops, parks, gardens, arts attractions, hotel and more.

The Canadian Museum for Human Rights is a \$351-million national museum dreamed up

by the late media mogul Izzy Asper, is considered a game changer for tourism since opening in September 2014.

Rae & Jerry's is unabashedly retro and hasn't changed since it opened at this location in 1957 with red leather restaurant and cocktail lounge décor. Order a martini and a steak.

Sunday

Michelle Gervais from Ô Tours loves Winnipeg for its "small-city feel but big-city amenities."

She showed off the Franco-Manitoban neighbourhood of St. Boniface, where we devoured Alix Loisel's almond croissants at La Belle Baguette, went gaga for the creations at Chocolatier

Constance Popp, looked at Louis Riel's grave and admired the iconic St. Boniface Cathedral-Basilica.

At the park side of Assiniboine Park Zoo, I learned all about a Canadian vet/soldier named Lt. Harry Colebourn who bought a black bear cub in White River, Ont., on his way to the First World War and named her Winnie after his adopted hometown of Winnipeg. In the Pooh Gallery at the park's pavilion, check out the Remembering the Real Winnie exhibit.

Don't miss O Canada if you catch the Winnipeg Jets downtown at the MTS Centre, the NHL's smallest arena.

Jennifer Bain was hosted by Tourism Winnipeg and Travel Manitoba, neither of which reviewed or approved this story.

DID YOU KNOW?
More First Nations and Metis people live in Winnipeg than in any other Canadian city.

QUEBEC

Beauty pageant of the sea

As the story goes, the training ship Amerigo Vespucci was sailing the Mediterranean in 1962 when the U.S. aircraft carrier Independence spotted it and radioed: "Who are you?" Came the reply: "School ship Amerigo Vespucci, the Italian Navy." The Independence answered: "You are the most beautiful ship in the world."

Tall ships sometimes come with tall tales, and whether that one is true may be lost to history. What's not in dispute is that the venerable three-masted frigate is a handsome piece of

work and just one of dozens of majestic ships that will be sailing North Atlantic waters this summer, visiting ports along the St. Lawrence River for weeks and gathering en masse in Quebec City July 18-23.

It's a beauty pageant from the age of sail, a spectacle that brings to mind the parade of "cathedrals of the sea" in New York harbour for America's bicentennial in 1976.

Early planning may pay off because hotel rooms are likely to be hard to come by close to the event. THE CANADIAN PRESS



Amerigo Vespucci.
THE ASSOCIATED PRESS FILE

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Falcons All-Pro receiver Julio Jones missed practice again Thursday with a sprained left toe but said he's confident he'll be ready Sunday

Big Ben: I don't meet Brady's 'gold standard'

NFL PLAYOFFS

Roethlisberger, Steelers look to down Patriots for AFC title

Ben Roethlisberger intended for the moment to be private. The camera following him to midfield and the microphone tucked inside Tom Brady's shoulder pads ended up making that impossible.

Their brief exchange before Brady and the New England Patriots visited the Pittsburgh Steelers in October provided a snapshot into a rivalry that never was. They bro-hugged. They lamented the left knee injury that forced Roethlisberger out the lineup on that warm late fall afternoon.

And then Roethlisberger made an uncharacteristic request: a signed Brady jersey to hang on the wall in Roethlisberger's home office next to Hall of Famers Dan Marino, John Elway and Jim Kelly.

"I consider him one, if not the best of all time," Roethlisberger said.

A group Roethlisberger does

not include himself in.

Not even with as many championships as Brady's longtime friend and occasional foil Peyton Manning (two). Not even with a spot in the top 10 in just about every major statistical category out there on Roethlisberger's still growing résumé. Not even with a bust in Canton one day alongside Brady and the rest of the guys whose jerseys adorn the walls of his home almost assured regardless of what happens in Sunday's AFC title game.

The reason is simple: rings. Brady has four, including two he earned while carving a path through the playoffs that included victories in Pittsburgh in 2001 and 2004. Roethlisberger has two, neither of which required Roethlisberger or the

Steelers to take out Brady along the way.

It's why Roethlisberger just shakes his head when asked if he's part of the "gold standard" label that he so eagerly attaches to Brady.

"Not as (his) level," Roethlisberger said. "Obviously, with all the Super Bowls he has."

This weekend provides Roethlisberger his best — and maybe his last — chance to do to Brady

“

They are the dragon. We are trying to slay them.

Ben Roethlisberger



Steelers quarterback Ben Roethlisberger calls Tom Brady "one, if not the best of all time."

JUSTIN K. ALLER/GETTY IMAGES

what Brady has done to so many others over the last 16 years. Even if the last thing Roethlisberger wants to do is get pulled into the "star quarterback vs. star quarterback" narrative that fuelled so many showdowns

between Brady and Manning through the years.

"It's obviously bigger than the two of us," Roethlisberger said. "I know he is used to it, with the Peyton Manning and Tom thing. This is two football

teams that have won championships. Us going against each other is more than just one man. We aren't playing tennis. We are going out there to play a football game with 11 guys at a time." THE ASSOCIATED PRESS

IN BRIEF

Vancouver to host nationals for figure skating

The road to the 2018 Olympics will go through Vancouver for Canada's figure skating team.

Vancouver has been named host of next year's Canadian championships, which will determine the team for the Pyeongchang Games.

The event is Jan. 8-14 at the University of British Columbia's Doug Mitchell Thunderbird Sports Centre. THE CANADIAN PRESS

66,000 tickets already sold for Canada Sevens

The HSBC Canada Sevens rugby tournament is headed for another record, with 66,000 tickets sold already.

The tournament organizing committee is now in talks with BC Place Stadium about opening up extra upper bowl seating for the March 11-12 event.

Last year, 60,418 tickets sold when Vancouver debuted on the men's world sevens circuit.

THE CANADIAN PRESS

Stalwart women's trio to end Canada careers in B.C.

Three veteran members of Canada's women's soccer team will make their final appearance with the team in a Feb. 4 game against Mexico at BC Place.

Striker Melissa Tancredi, defender/striker Rhian Wilkinson and defender Marie-Eve Nault announced their retirements last Friday in Vancouver.

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Pep's City a wounded beast

PREMIER LEAGUE

Spurs come to Etihad on fire while Sky Blues' big loss lingers

In one dugout at Etihad Stadium on Saturday will be a manager enjoying a six-match winning streak with his second-placed team. In the other, a manager reeling from the joint biggest loss of his career and down in fifth place.

Few at the start of the English Premier League would have predicted it would be Tottenham manager Mauricio Pochettino with the edge over struggling Manchester City counterpart Pep Guardiola. But the top of the standings is confounding expectations in the second half of the season. City hosts Tottenham with Guardiola's side trailing the second-place London club by three points and leader Chelsea by 10 points.

Having already ruled City out of the title race, Guardiola is now in a scrap just to secure Champions League qualification by



Pep Guardiola, left, and Manchester City suffered their first loss of the season, 2-0 to Mauricio Pochettino's Tottenham, when they visited White Hart Lane on Oct. 2. FRANK AUGSTEIN/THE ASSOCIATED PRESS

finishing in the top four as he endures a difficult first season in English soccer.

It was against Tottenham in early October when Guardiola experienced his first setback at City, with Pochettino ending the former Barcelona and Bayern Munich coach's winning league start. Last weekend, he was humbled by a 4-0 loss at Everton, a career low for the Champions League-winning coach.

Has Guardiola lost the Midas touch? "The coach has to adapt with the players, the players

4-0
Manchester City's 4-0 loss to Everton at Goodison Park last week was one of the worst defeats of Pep Guardiola's managerial career.

have to adapt with the coach," Eric Abidal, who played under Guardiola at Barcelona, told The Associated Press on Thursday.

"Tactically, and the methodology of Pep Guardiola is methodology from Barcelona. He needs time. They will win trophies."

City racked up six successive wins in the league before losing 2-0 at Tottenham on Oct. 2. Since then City has dropped 18 points, winning seven of its 14 games as the shortcomings of the brittle defence and shaky goalkeeper Claudio Bravo has been exposed.

City's attacking options have been reinforced with Gabriel Jesus completing his move from Palmeiras in time to feature

against Tottenham.

"Gabriel is a technically gifted player who was chased by some of Europe's biggest clubs and we are delighted he decided to join City," director of football Txiki Begiristain said. "He has the potential to become one of the best attacking players in the game."

And for the 19-year-old Jesus, Guardiola played a big part in deciding his next destination.

"He was the only manager who called me so I was very pleased," Jesus said. "One thing I've noticed is that, like me, he is mad about football. He lives football 24 hours a day. I'm like that, too. Tottenham could move six points clear of City by completing the double over Guardiola's side. And for Pochettino it's not just about securing a second successive season in the Champions League but delivering the north London club's first domestic title since 1961.

"We have to try to show that we can be real contenders for the Premier League, that's the real challenge," Pochettino said. "It's more important that we can show ourselves, rather than show Manchester City."

THE ASSOCIATED PRESS

BRIEFS

DeRozan named to East all-stars starting five

Toronto's DeMar DeRozan won a tiebreaker to join Cleveland's LeBron James among the East's starters for the NBA All-Star Game.

The rest of the East lineup for the Feb. 19 game in New Orleans is Kyrie Irving of Cleveland, Giannis Antetokounmpo of Milwaukee, and Jimmy Butler of Chicago.

THE ASSOCIATED PRESS

Stenson hits a 64 to lead field in Abu Dhabi

Henrik Stenson chipped in from 30 yards and had seven more birdies Thursday to open the Abu Dhabi HSBC Championship with an 8-under 64 in his first competitive round of 2017. THE ASSOCIATED PRESS

Capitals thrash Blues

Andre Burakovsky, T.J. Oshie and Evgeny Kuznetsov each had a goal and an assist to lead the Washington Capitals to a 7-3 victory over the St. Louis Blues on Thursday night.

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MAKE IT TONIGHT

Decadent French Toast Nuggets with Lemon Ricotta



PHOTO: MAVA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

crusty baguette over sliced bread makes this classic breakfast a million times better since it's soft oozes creamy ricotta filling.

Ready in 30 minutes

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

For the French Toast:

- 1 multi-grain baguette loaf
- 5 eggs
- 1 cup milk
- 1 tsp real vanilla extract
- 1 Tbsp cinnamon
- 1/8 tsp allspice
- butter
- 1 pint blueberries

For the Ricotta Filling:

- 1/2 cup ricotta cheese
- zest and juice of 1/2 lemon
- 2 tsp sugar

Directions

1. Slice baguette into 1-inch pieces and then cut a pocket horizontally through the side into the centre of the slice. In a mixing bowl, whisk eggs, milk, vanilla, cinnamon and all spice.

2. In a separate bowl, mix the ricotta, zest, juice and sugar.

3. Using a teaspoon, fill the pocket of each slice of baguette then place pieces into a 8x8 inch baking pan and pour the egg mixture over the bread. Allow the bread to soak for 10 minutes.

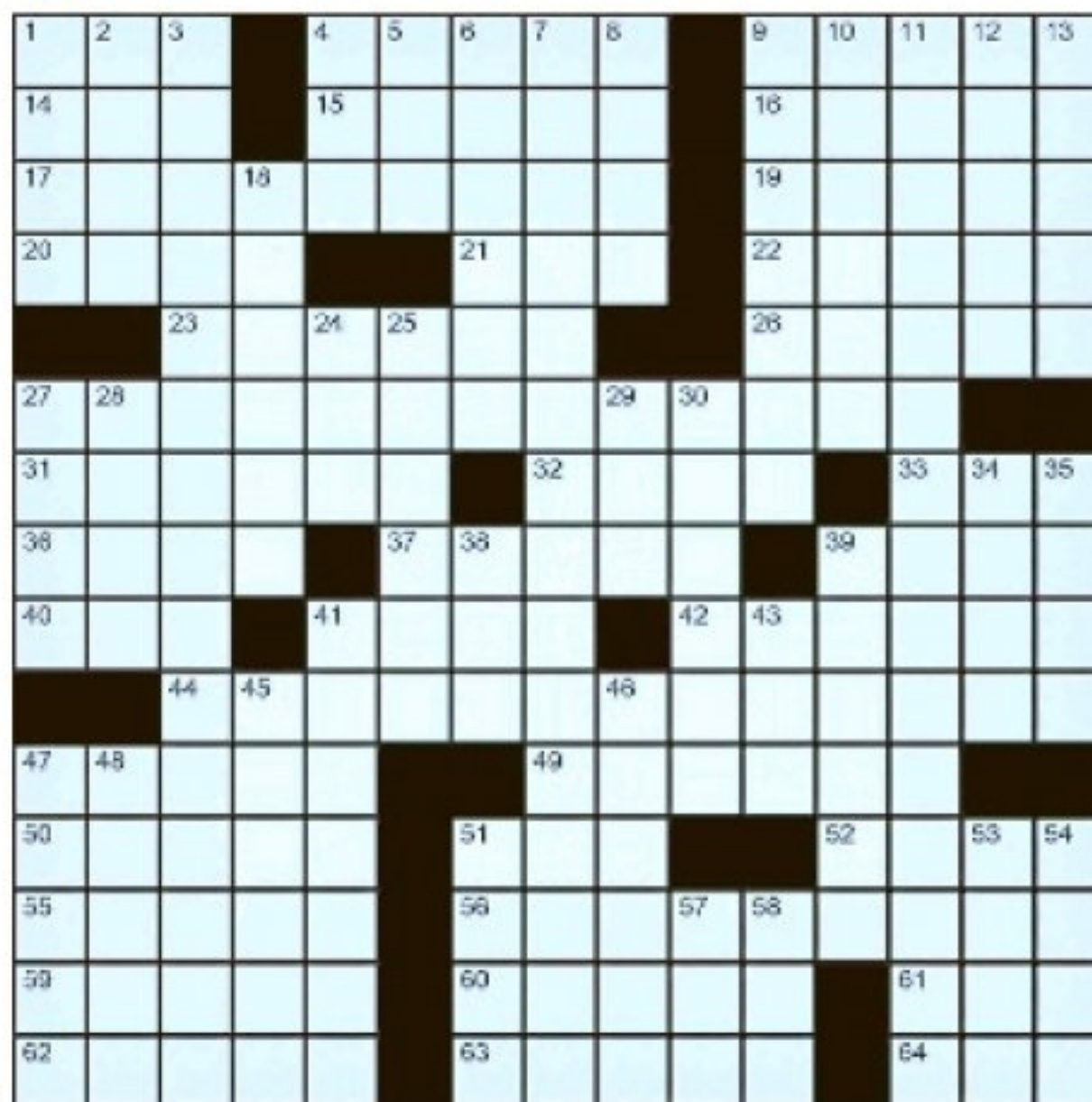
4. In a large skillet, melt the butter over medium heat then lay down your soaked baguette pieces. Allow each side to cook until golden brown, about 3 to 5 minutes each side. Repeat until you've completed all the slices. Serve with maple syrup

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ACROSS

11. Coffee mug part
4. Heaves
9. Taj ____
14. Tip to 'meter', as per mileage
15. Earth tone
16. "Saying it ____ thing, doing..."
17. Brothers-founded movie studio, The ____ Company
19. British actress Ms. Swinton
20. Tepid
21. Drips in the hosp.
22. Ankle bone
23. Three-horsed Russian carriage
26. Pyramids place
27. Alanis Morissette hit: 3 wds.
31. Rebelled
32. Christian denomination, e.g.
33. "Yes." in Paris
36. "Up and ____" (Rise and shine!)
37. Himalayas land
39. Wrongdoing, in law
40. Sydney is this Australian state's cap.
41. W.B. Yeats land
42. Lyric poems
44. Televised sports feature first used by Hockey Night in Canada in 1955: 2 wds.
47. Be silent, in music
49. Push through a crowd
50. Star Trek: The Next Generation second-in-command
51. Tree-of-acorns
52. Lettered grocery stores



55. "Hitch ____" by Boston
56. Pass the ____ (Quality as being legit)
59. Al ____ (Pasta preference)
60. Moisturizers target them
61. Dundee refusal
62. Grain fungus

63. Commencement
64. Kiefer's actor dad's initials-sharers

DOWN

1. Dustups
2. Prefix with 'logical'
3. Feature of sportswear fabrics: 2 wds.
4. "Vacation" by The Go-____
5. Behave
6. Title of hon-

- our/respect in the Middle East
7. Goldie Hawn army comedy of 1980: 2 wds.
8. Ott. hockey players
9. Knitted hand warmers
10. Variety of cheese

11. Sidewalk star- getter in showbiz, often: 2 wds.
12. Down ____ (Where escalators go)
13. Smallest in quantity
18. There's not any space left: 2 wds.
24. 'Humor' suffix
25. "Understood": 3 wds.
27. Currency in China
28. Selects
29. Copycat
30. Tailed toy flyers
34. Fertilizer component
35. ____-bitsy
38. George's lyricist brother
39. Illuminated with potlights, perhaps
41. Bruce Springsteen & The ____ Band
43. Collared companion
45. "I ____ Know" by Marc Anthony
46. Subway payments
47. Barter
48. Broadcaster
51. Norwegian city
53. Namesakes of Mr. Gray of botany
54. Jeanne d'Arc, et al.
57. Actor, Jason ____
58. Items-on-paper, e.g.

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
There's no question that secret love affairs are taking place for some of you. Perhaps you have a secret crush on someone, because you have strong and intense feelings that you are keeping private.

Taurus April 21 - May 21
You have strong feelings for a friend today. In fact, the friend might become a lover. Either way, this friendship is important to you.

Gemini May 22 - June 21
People admire you today, especially people in power. This is why a romantic relationship might begin with a boss or someone in a position of authority.

Cancer June 22 - July 23
A romance with someone from another culture or someone who is "different" might begin for some of you today. Others will feel passionate about taking a trip somewhere. (It's important to you.)

Leo July 24 - Aug. 23
Romantic relationships will be passionate now. In fact, you will feel intense about everything you do today!

Virgo Aug. 24 - Sept. 23
You feel strong affection for close friends and partners today. This might even be a wake-up call for some of you, because you might not have realized the depth of your feelings.

Libra Sept. 24 - Oct. 23
You might develop a romantic relationship with a colleague today. Others will use this same energy to try to make their workspace more attractive. You want to improve things.

Scorpio Oct. 24 - Nov. 22
This is a passionate, romantic day for your sign. If you are in a romantic relationship, this is the day for a date. Artists will be creative and productive.

Sagittarius Nov. 23 - Dec. 21
You will be eager to make improvements at home today, especially through redecorating projects. Some of you will explore real-estate opportunities as well.

Capricorn Dec. 22 - Jan. 20
Today something will happen to make you appreciate the beauty in your surroundings, as well as the affection that you encounter on a daily basis in your world. What a blessing.

Aquarius Jan. 21 - Feb. 19
Trust your moneymaking ideas today, because they might be excellent. If shopping, however, you might feel obsessed about buying something.

Pisces Feb. 20 - March 20
This is a good day to look in the mirror and ask yourself what you can do to improve your appearance. You also might buy something to wear that you really like!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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2	4	6	9	8	1	3	7	5
3	5	8	4	2	7	1	6	9
9	7	1	5	3	6	2	8	4
7	1	3	8	4	9	6	5	2
6	9	4	2	7	5	8	3	1
8	2	5	6	1	3	9	4	7



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